

SPOOKY

STRONG CHALLENGE

Complete a **minimum of 240 minutes** of strength training. (60 minutes/ week split into **at least 2-3 different days (20-30 mins/day)**)

WEEK

1

DAY 1

☐

DAY 2

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DAY 3

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WEEK

2

DAY 1

☐

DAY 2

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DAY 3

☐

WEEK

3

DAY 1

☐

DAY 2

☐

DAY 3

☐

WEEK

4

DAY 1

☐

DAY 2

☐

DAY 3

☐

NAME:

DEPARTMENT:

Send your completed challenges to Kristina at kloughborough@maconnnc.org for 10 LIFE points.